CLAIMS:

1. A load cell apparatus comprising:

(a) a frame;

(b) an upper compliance assembly connected to said frame;

(c) a load cell connected to said upper compliance assembly; and

(d) a lower compliance assembly connected to said load cell.

2. The apparatus of Claim 1 wherein said upper and lower compliance assemblies further comprise:

(a) a first base;

(b) a compression pad connected to said first or second base;

(c) a rebound pad;

(d) a load plate between said rebound pad and said compression pad; and

(e) a second base connected to said rebound pad or said compression pad.

3. The apparatus of Claim 1 wherein said load cell further comprises:

(a) a load cell yoke connected to said upper assembly; and

(b) an upper and lower loading saddle connected to said load cell.

4. The apparatus of Claim 1 further comprising an overload limit.

5. The apparatus of Claim 4 wherein said overload limit further comprises:

(a) a fixed overload limit; and

(b) a moving overload limit.

6. The apparatus of Claim 1 wherein said upper compliance assembly and said load cell are connected to each other and to said frame by a hanger stud.

7. The apparatus of Claim 1 wherein said lower compliance assembly further comprises:

(a) a rod end link connected to said load cell; and

(b) a drawbar connected to said rod end link.

8. The apparatus of Claim 1 further comprising a rotation preventor.

9. The apparatus of Claim 7 further comprising a rotation preventor connected to said drawbar.

10. The apparatus of Claim 1 further comprising a data transfer means for providing data to the load cell and for receiving data from the load cell.

11. In a weighing system, a load cell method comprising the steps of:

(a) connecting a frame to the weighing system;

(b) connecting an upper compliance assembly to said frame;

(c) connecting a load cell to said upper compliance assembly; and

(d) connecting a lower compliance assembly to said load cell.

12. The method of Claim 11 further comprising the step of providing said upper and lower compliance assemblies with:

(a) a first base;

(b) a compression pad;

(c) a rebound pad;

(d) a load plate located between said rebound pad and said compression pad; and

(e) a second base.

13. The method of Claim 11 further comprising the steps of:

(a) connecting a load cell yoke to the upper assembly; and

(b) connecting an upper and lower loading saddle to said load cell.

14. The method of Claim 11 further comprising the step of connecting an overload limit.

15. The method of Claim 14 wherein connecting said overload limit further comprises the steps of:

(a) providing a fixed overload limit; and

(b) providing a moving overload limit.

16. The method of Claim 11 further comprising the step of connecting said upper compliance assembly to said frame by a hanger stud.

17. The method of Claim 11 further comprising the steps of:

(a) connecting a rod end link to said load cell; and

(b) connecting a drawbar to said rod end link.

18. The method of Claim 11 further comprising the step of adding a rotation preventor.

19. The method of Claim 17 further comprising the step of connecting a rotation preventor to said drawbar.

20. The method of Claim 11 further comprising the step of connecting a data transmission means to said load cell for transmitting and receiving data to and from said load cell.